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# Crockpot Recipes

## Index

- [Crockpot Barbeque](#)
- [Crockpot Meat Loaf](#)
- [Crockpot Pork Chops with Mushroom Sauce](#)
- [Crockpot Recipes - Collection \(1\)](#)
- [Crockpot Recipes - Collection \(2\)](#)
- [Vegetarian Crockpot Recipes : COLLECTION](#)

[amyl](#)

# Crockpot Barbeque

From: maggie Date: Wed, 21 Jul 93 15:55:29 EST

(From The Best of Electric Crockery Cooking)

1 1/2 lb. boneless chuck steak, 1 1/2 inch thick  
1 clove garlic, peeled and minced  
1/4 cup wine vinegar  
1 Tbsp brown sugar  
1 tsp paprika  
2 Tbsp Worcestershire sauce  
1/2 cup catsup  
1 tsp salt  
1 tsp dry or prepared mustard  
1/4 tsp black pepper

Cut the beef on a diagonal, across the grain into slices 1 inch wide. Place these in the crockpot. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

[mara](#)

# Crockpot Meat Loaf

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Wed, 21 Jul 93 15:24:57 EST

(From The Best of Electric Crockery Cooking)

1/2 cup whole milk  
2 slices white bread  
1 1/2 lb ground beef  
2 eggs  
1 small onion, peeled  
1 1/2 tsp salt  
1/2 tsp pepper  
1 tsp dry mustard  
1 can (12 oz.) whole tomatoes

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

[mara](#)

# Crockpot Pork Chops with Mushroom Sauce

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Thu, 22 Jul 93 14:40:36 EST

(From The Best Of Electric Crockery Cooking)

8 to 10 small, thick porkchops  
2 tsp salt  
1/4 tsp pepper  
1/8 tsp sage  
1 can (12 oz) cream of mushroom soup  
1 Tbsp dried onion flakes

Trim the excess fat from the chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crockpot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours.

Makes 6 to 8 servings.

[mara](#)

# Crockpot Recipes - Collection

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Thu, 22 Jul 93 14:27:53 EST

**From the Best of Electric Crockery Cooking...**

- [Apricot Nut Bread](#)
- [Crockpot Banana Bread](#)
- [Crockpot Baked Stuffed Apples](#)
- [Crockpot Lacquered Chicken](#)
- 

## **Apricot Nut Bread**

3/4 cup dried apricots  
1 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 cup sugar  
3/4 cup milk  
1 egg, slightly beaten  
1 Tbsp grated orange peel  
1 Tbsp vegetable oil  
1/2 cup whole wheat flour  
1 cup coarsely chopped walnuts

Place the apricots on a chopping block. Sprinkle 1 T flour over them. Dip a knife into the flour and chop the apricots finely. Flour the knife often to keep the cut up fruit from sticking together. Sift the remaining flour, baking powder, baking soda, salt and sugar into a large bowl. Combine the milk, egg, orange peel, and oil. Stir the flour mixture and the whole wheat flour. Fold in the cut up apricots, any flour left on the cutting block and the walnuts. Pour into a well greased, floured bakin unit. Cover and place on a rack in the slow cooker, but prop the lid open a fraction with a toothpick or a twist of foil to let excess steam escape. Cook on High for 4 to 6 hours. Cool

on a rack for 10 minutes. Serve warm or cold.

Makes 4 to 6 servings.

Now before you all ask what a baking unit is (I wondered as I sat and typed this in), I looked it up in the front of the bread section. She says that some manufacturers are making units for slow cookers, but if you don't have one, a 2 pound coffee can works. Pyrex muffin cups also work. Also 1, 1 1/2 and 2 quart molds work.

DO NOT LIFT THE LID WHILE BAKING THIS BREAD.

I hope this recipe works OK. I am going to try it myself.  
Maggie

### Crockpot Banana Bread

1 3/4 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/3 cup shortening  
2/3 cup sugar  
2 eggs, well beaten  
1 1/2 cups well mashed, overripe banana (2 or 3 bananas)  
1/2 cup coarsely chopped walnuts (optional)

Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam escape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

Makes 4 to 6 servings

### Crockpot Baked Stuffed Apples



6 medium tart red apples  
1 cup light brown sugar  
1/4 cup golden seedless raisins  
1 Tbsp grated orange peel  
1/4 cup soft butter  
2 cups very hot water  
3 Tbsp orange juice concentrate

Wash, core and stem the apples, but don't peel them. Stand them in a buttered mold and stuff them with 2/3 cup of the brown sugar, the raisins and the orange peel. fill the tops of the core cavities with butter and sprinkle the remaining sugar over the tops. Place the mold in the slow cooker and pour the hot water into the cooker. Sprinkle the orange juice concentrate over the apples. Cover the cooker and cook on Low for 3 to 5 hours, or until the apples are tender.

makes 6 servings

## **Crockpot Lacquered Chicken**

1 Tbsp vegetable oil  
2 lb whole chicken  
3 very large onions, peeled and chopped  
5 large tomatoes, chopped  
1 medium orange, unpeeled, seeded, chopped  
1 tsp sugar  
1 tsp salt  
1/8 tsp pepper  
1/2 cup water  
1 bouillon cube, crumbled  
3 heaping Tbsp red currant, raspberry or red grape jelly  
1/4 cup sweet sherry

In a medium skillet, over medium high heat, heat the oil and saute the chicken, turning often, until well browned all over. Remove the chicken to a plate. Saute the onion in the skillet until well browned. Turn into the crockpot. Place the tomatoes, orange, sugar, salt and pepper in the pot and set the chicken on top. Rinse the skillet with the water and scrape into the cooker. Add the bouillon cube. Cover and cook on Low for 5 to 7 hours.

Before serving, remove the chicken to a deep serving dish and keep

warm. Turn the pot contents into a skillet, set the heat to high and simmer until thick enough to mound on a spoon. Stir in the jelly and the sherry and cook, stirring until the sauce boils. Do not overcook, lest the sauce lose its shiny quality. If you wish, add some sugar or sweet sherry to further brighten the taste. If sauce is not shiny enough, bring back to a very brisk boil and quickly stir in some jelly. Pour sauce over the chicken.

makes 4 to 6 servings

[mara](#)

# Crockpot Recipes: COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 6 Sep 93 09:30:43 +0200

## Contents

- [Apricot Nut Bread \(Maggie Workman\)](#)
- [Barbecued Pot Roast \(Doreen Randal\)](#)
- [Beef Bourguignon \(Doreen Randal\)](#)
- [Beef Casserole \(Doreen Randal\)](#)
- [Beef Roast\(s\) \(Doreen Randal\)](#)
- [Broccoli And Tofu In Spicy Almond Sauce \(Richard Darsie\)](#)
- [Cauliflower And Potato Curry \(Vegan\) \(Lisa Corsetti\)](#)
- [Chicken With Cream Sauce \(Doreen Randal\)](#)
- [Crisp-Fried Tofu And Greens \(Richard Darsie\)](#)
- [Crockpot Baked Stuffed Apples \(Maggie Workman\)](#)
- [Crockpot Banana Bread \(Maggie Workman\)](#)
- [Crockpot Barbeque \(Maggie Workman\)](#)
- [Crockpot Lacquered Chicken \(Maggie Workman\)](#)
- [Crockpot Meatloaf \(Maggie Workman\)](#)
- [Crockpot Pork Chops With Mushroom Sauce \(Maggie Workman\)](#)
- [Dan's Favorite Chicken Recipe \(Daniel Hobbs\)](#)
- [Dave's Meat Loaf \(Doreen Randal\)](#)
- [Hearty Bean And Vegetable Stew \(Vegan\) \(Michelle Dick\)](#)
- [Israeli Wheat Berry Stew \(Vegan\) \(Michelle Dick\)](#)
- [Lamb And Apple Casserole \(Doreen Randal\)](#)
- [Lamb & Tomato Casserole \(Doreen Randal\)](#)
- [Layered Dinner \(Vegan\) \(Michelle Dick\)](#)
- [Marinated Beef Pot Roast \(Doreen Randal\)](#)
- [Marinated Chicken And Pork \(Doreen Randal\)](#)
- [Millet Stew \(Vegan\) \(Michelle Dick\)](#)
- [Orange Cinnamon Chicken \(Doreen Randal\)](#)
- [Paprikosh \(taylor@kenyon.edu\)](#)
- [Potato Stuffed Cabbage \(Vegan\) \(karpen@nrlfs1.nrl.navy.mil\)](#)
- [Pot-Roast \(Doreen Randal\)](#)

- [Quick Onion Pot Roast \(Doreen Randal\)](#)
- [Rob's Veggie Chili \(Vegan\) \(bjornson-robert@cs.yale.edu\)](#)
- [Spicy Wine Pot Roast \(Doreen Randal\)](#)
- [Sweet And Sour Tofu \(Richard Darsie\)](#)
- [Szechuan-Style Stir Fry \(Richard Darsie\)](#)
- [Tangy Red Bulgar \(Steven J Boege\)](#)

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

#### APRICOT NUT BREAD

=====

(makes 4 to 6 servings)

#### Ingredients:

-----

3/4 cup dried apricots  
1 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 cup sugar  
3/4 cup milk  
1 egg, slightly beaten  
1 Tbsp grated orange peel  
1 Tbsp vegetable oil  
1/2 cup whole wheat flour  
1 cup coarsely chopped walnuts

#### Instructions:

-----

Place the apricots on a chopping block. Sprinkle 1 T flour over them. Dip a knife into the flour and chop the apricots finely. Flour the knife often to keep the cut up fruit from sticking together. Sift the remaining flour, baking powder, baking soda, salt and sugar into a large bowl. Combine the milk, egg, orange peel, and oil. Stir the flour mixture and the whole wheat flour. Fold in the cut up apricots, any flour left on the cutting block and the walnuts. Pour into a well greased, floured bakin unit. Cover and place on a rack in the slow cooker, but prop the lid open a fraction with a toothpick or a twist of foil to let excess steam escape. Cook on High for 4 to 6 hours. Cool on a rack for 10 minutes. Serve warm or cold.

Now before you all ask what a baking unit is (I wondered as I sat and typed this in), I looked it up in the front of the bread section. She says that some manufacturers are making units for slow cookers, but if you don't have one, a 2 pound coffee can works. Pyrex muffin cups also work. Also 1, 1 1/2 and 2 quart molds work.

Do not lift the lid while baking this bread.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

BARBECUED POT ROAST  
=====

Ingredients:  
-----

2 lb lean pot roast  
1 tsp salt  
1/2 cup tomato paste  
24 peppercorns  
1 small onion, chopped  
1 tsp worcestershire sauce

Instructions:  
-----

Sprinkle salt over the roast and place in crock pot. Spread tomato paste over meat; imbed peppercorns into paste; top with onions and worcestershire sauce. Cover and cook on LOW 8-10 hrs. Serve meat with accumulated gravy.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

BEEF BOURGUINON  
=====

Ingredients:  
-----

4 lbs lean beef cubed

1 - 1 1/2 cups red wine  
1/3 cup oil  
1 tsp thyme  
1 tsp black pepper  
8 slices bacon, diced  
2 cloves garlic crushed  
1 onion diced  
1 lb mushrooms sliced  
1/3 cup flour

Instructions:

-----

Marinate beef in wine,oil,thyme and pepper 4 hrs at room temp. or overnight in the fridge.

In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all.

Cook on LOW 8-9 hrs.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

BEEF CASSEROLE

=====

Ingredients:

-----

1 1/2 lbs stewing steak  
1 oz plain flour  
2 tblsp oil  
2 large onions  
3 medium carrots  
1 pint beef stock  
salt and pepper

Instructions:

-----

Cut the steak into 1 inch cubes and toss in the flour seasoned with salt and pepper. Brown on all sides in the oil, then remove from the pan. Cut the onions into thin slices and cook in the oil until soft and golden. Slice the carrots thinly and put into the crockpot. Top with

the onions and the meat. Add any remaining flour to the fat in the pan and cook for 2 minutes. Work in the stock and stir over low heat until the liquid comes to the boil. Pour into the crockpot, cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

BEEF ROAST(S)  
=====

Ingredients:  
-----

Beef Roast(s)  
onion  
spices  
optional: potatoes, carrots, sweedes, turnips

Instructions:  
-----

Brown the roast(s) on all sides in a little bit of oil. Place in the crock pot. Add an onion, cut in about 6-8 pieces. Add spices (we don't use salt - we add Mrs. Dash Garlic and Herb, plus some additional garlic and pepper). Cover with water.

Sometimes I add a dash of beef boullion granules. Set on high. I let this simmer away for about 5 - 6 hours. We usually add potatoes (quartered) the last 60-80 minutes. Other root veggies work great too.

Now, for the DOUBLE DUTY:  
-----

For the leftovers, I slice the roast somewhat thin, and breakup up the slices (sort of shred it), put it in a sauce pan and add barbecue sauce and a little water. I let this simmer for about 20 minutes, stirring occasionally. If it gets too dry add more sauce or water. Serve on rolls. This is great to take for lunch and heat in the microwave at work.

Note:  
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Be sure to select a roast or two that will fit it the crock pot! (My first one didn't!)

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From: Lisa Corsetti

## CAULIFLOWER AND POTATO CURRY (Vegan)

=====

### Ingredients:

-----

4 cups            potatoes, peeled and quartered  
1                small cauliflower, cut into florets  
a pinch          of asafetida  
3/4 tsp          ground turmeric  
1/2 tsp          chilli powder  
1 1/2 tsp        ground cumin  
3/4 tsp          salt  
big pinch        of sugar  
2                tomatoes, chopped  
1 1/4 cups       water  
1/2 tsp          garam masala  
1/2 cup          wheat berries (optional)

### Instructions:

-----

Add all ingredients to a crockpot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for an hour, then add remaining ingredients and cook on low.

With the wheat berries, if things start drying out, add more water.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

## CHICKEN WITH CREAM SAUCE

=====

### Ingredients:

-----

1 large chicken  
1 stalk celery halved (with leaves)  
1 small onion halved  
4 sprigs parsley  
2 whole cloves  
1 carrot peeled and halved  
1 tsp salt  
1 small bay leaf  
1/2 tsp thyme

water

### Sauce:

-----  
 4 Tbs butter  
 1 cup chicken stock  
 1/8 tsp pepper  
 1/2 cup cream  
 1/2 cup flour  
 1/2 tsp salt  
 1/4 cup chopped parsley

### Instructions:

-----  
 Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7-9 hrs.

Melt 4 Tbs butter in a medium saucepan. Stir in flour and cook over low heat for several mins. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: The Moosewood Restaurant Kitchen Garden

### CRISP-FRIED TOFU AND GREENS

=====

### Ingredients:

-----  
 2 cakes of tofu, frozen overnight and thawed  
 1/2 c water or vegetable stock  
 1 tsp cornstarch  
 1/2 c cornmeal or cornstarch

### Marinade:

-----  
 1/3 c soy sauce  
 1/4 c rice vinegar  
 1 T finely grated gingerroot  
 2 cloves garlic, minced or pressed  
 dash cayenne

## Sauce:

-----

3 T        soy sauce  
1/4 c     dry sherry  
2 tsp     rice vinegar  
2 tsp     honey or brown sugar

## Vegetables:

-----

3 T        oil  
3 cloves   garlic, minced or pressed  
1 c        thinly sliced onion  
6 c        mix of coarsely chopped pak choi, chard, kale,  
            nappa cabbage or 9 c. chopped spinach

## Instructions:

-----

Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.\* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven. Add leftover marinade to sauce mix. Heat 3 T. oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice.

\* I cut the tofu into many more smaller triangles.

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

## CROCKPOT BAKED STUFFED APPLES

=====

(makes 6 servings)

## Ingredients:

-----

6            medium tart red apples

1 cup light brown sugar  
1/4 cup golden seedless raisins  
1 Tbsp grated orange peel  
1/4 cup soft butter  
2 cups very hot water  
3 Tbsp orange juice concentrate

Instructions:

-----  
Wash, core and stem the apples, but don't peel them. Stand them in a buttered mold and stuff them with 2/3 cup of the brown sugar, the raisins and the orange peel. fill the tops of the core cavities with butter and sprinkle the remaining sugar over the tops. Place the mold in the slow cooker and pour the hot water into the cooker. Sprinkle the orange juice concentrate over the apples. Cover the cooker and cook on Low for 3 to 5 hours, or until the apples are tender.

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT BANANA BREAD

=====

(Makes 4 to 6 servings)

Ingredients:

-----  
1 3/4 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/3 cup shortening  
2/3 cup sugar  
2 eggs, well beaten  
1 1/2 cups well mashed, overripe banana (2 or 3 bananas)  
1/2 cup coarsely chopped walnuts (optional)

Instructions:

-----  
Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in

the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam escape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

\*\*\*\*\*  
\*

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT BARBEQUE  
=====  
(makes 4 or 5 servings)

Ingredients:  
-----

- 1 1/2 lb boneless chuck steak, 1 1/2 inch thick
- 1 clove garlic, peeled and minced
- 1/4 cup wine vinegar
- 1 Tbsp brown sugar
- 1 tsp paprika
- 2 Tbsp Worcestershire sauce
- 1/2 cup catsup (ketchup)
- 1 tsp salt
- 1 tsp dry or prepared mustard
- 1/4 tsp black pepper

Instructions:  
-----

Cut the beef on a diagonal, across the grain into slices 1 inch wide. Place these in the crockpot. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

\*\*\*\*\*  
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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT LACQUERED CHICKEN  
=====  
(makes 4 to 6 servings)

Ingredients:  
-----

1 Tbsp vegetable oil  
2 lb whole chicken  
3 very large onions, peeled and chopped  
5 large tomatoes, chopped  
1 medium orange, unpeeled, seeded, chopped  
1 tsp sugar  
1 tsp salt  
1/8 tsp pepper  
1/2 cup water  
1 bouillon cube, crumbled  
3 heaping Tbsp red currant, raspberry or red grape jelly  
1/4 cup sweet sherry

Instructions:

-----  
In a medium skillet, over medium high heat, heat the oil and saute the chicken, turning often, until well browned all over. Remove the chicken to a plate. Saute the onion in the skillet until well browned. Turn into the crockpot. Place the tomatoes, orange, sugar, salt and pepper in the pot and set the chicken on top. Rinse the skillet with the water and scrape into the cooker. Add the bouillon cube. Cover and cook on Low for 5 to 7 hours.

Before serving, remove the chicken to a deep serving dish and keep warm. Turn the pot contents into a skillet, set the heat to high and simmer until thick enough to mound on a spoon. Stir in the jelly and the sherry and cook, stirring until the sauce boils. Do not overcook, lest the sauce lose its shiny quality. If you wish, add some sugar or sweet sherry to further brighten the taste. If sauce is not shiny enough, bring back to a very brisk boil and quickly stir in some jelly. Pour sauce over the chicken.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%  
\*

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT MEATLOAF  
=====  
(Makes 6 servings)

Ingredients:

-----  
1/2 cup whole milk  
2 slices white bread  
1 1/2 lb ground beef  
2 eggs

.....

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

[illegible]

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

## CROCKPOT PORK CHOPS WITH MUSHROOM SAUCE

=====

(makes 6 to 8 servings)

### Ingredients:

-----

8 to 10 small, thick porkchops  
2 tsp salt  
1/4 tsp pepper  
1/8 tsp sage  
1 can (12 oz) cream of mushroom soup  
1 Tbsp dried onion flakes

Instructions:

.....

Trim the excess fat from the chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crockpot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours.

\*\*\*\*\*

From: danielh@sequent.com (Daniel Hobbs)

DAN'S FAVORITE CHICKEN RECIPE  
=====

Ingredients:  
-----

- 1 chicken cut up, or your favorite pieces  
(I use thighs and legs -- about 2 pounds worth)
- 1 jar anybody's spaghetti sauce
- dried oregano, garlic salt, or other additives
- 1 crock pot
- 1 full working day

Instructions:  
-----

- 1. Cut chicken into pieces, if needed.
- 2. Dump chicken pieces into crock pot.
- 3. Dump 1 jar spaghetti sauce over chicken.
- 4. Shake dried oregano and garlic salt (or your other favorite additives to spaghetti sauce), to taste.
- 5. Put lid on crock pot and turn the pot on LOW.
- 6. Have a nice day, don't worry, be happy.
- 7. Come home, fix a pot of rice or pasta, maybe a salad, and a loaf of french bread.
- 8. CAREFULLY remove the chicken from the crock pot to a serving platter (it's tender and will fall apart at the slightest provocation), then spoon the leftover liquid into a gravy boat or whatever you serve spaghetti sauce in.
- 9. Fight over who gets the top pieces with all the oregano and garlic salt piled on top.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)



Source: Crockpot Cooking from Barbara Blitz

## DAVE'S MEAT LOAF

=====

### Ingredients:

-----

1 lb extra lean ground beef  
1/4 lb sausage meat  
1/4 cup dark beer  
1 egg  
2 slices of bread torn into soft crumbs  
1 onion, chopped  
3 tblsp chopped parsley  
1/2 tsp ground black pepper  
few drops Worcestershire sauce and tabasco sauce

### Instructions:

-----

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

\*

From: artemis@rahul.net (Michelle Dick)

Source: Dr. Dean Ornish's Program

Most soups and stews can be prepared in a crock pot. Just decrease the liquid ingredients (not as much liquid will evaporate from a closed slow-cooker) and let it rip for 6 or more hours.

## HEARTY BEAN AND VEGETABLE STEW (Vegan)

=====

(Servings: 12)

### Ingredients:

-----

1 lb beans, assorted, dry  
2 cup vegetable juice  
1/2 cup dry white wine  
1/3 cup soy sauce  
1/3 cup apple or pineapple juice  
vegetable stock or water  
1/2 cup celery -- diced  
1/2 cup parsnips -- diced

1/2 cup carrots -- diced  
1/2 cup mushrooms -- diced  
1 onion -- diced  
1 tsp basil, dried  
1 tsp parsley, dried  
1 bay leaf  
3 clove garlic -- minced  
1 tsp black pepper -- ground  
1 cup rice or pasta -- cooked

Instructions:

-----

Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5-6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour.

Notes:

-----

For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

Nutritional Values per Serving:

-----

|             |       |
|-------------|-------|
| Calories    | 170   |
| Fat         | 0.3 g |
| Cholesterol | 0 g   |

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%  
\*

From: artemis@rahul.net (Michelle Dick)

Source: McDougall Cookbook - Volume 2

ISRAELI WHEAT BERRY STEW (Vegan)

=====

(Servings: 8)

Ingredients:

-----

5 cup Trader Joe's maranara and the rest water

1 1/2 cup Great northern beans  
1 cup wheat berries  
6 small potatoes -- cut in half  
1 large onion -- sliced  
4 clove garlic -- minced  
5 tsp cumin -- ground  
3 tsp tumeric  
1/2 tsp black pepper -- ground  
2 green peppers

Instructions:

-----

Mix together all ingredients in crockpot. Cook at high 8 to 10 hours.

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\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

LAMB AND APPLE CASSEROLE

=====

Ingredients:

-----

2 lb middle neck lamb chops  
salt and pepper  
2 medium onions  
2 medium carrots  
1 cooking apple  
1 oz plain flour  
2 tblsp oil  
3/4 pint stock  
1 stick celery

Instructions:

-----

Coat the chops with the flour seasoned with the pepper and salt. Brown on both sides in the oil and remove the chops. Cook the chopped onions in the oil until soft and golden and put into the crockpot. Work any remaining flour into the fat, cook for 2 minutes, and stir in the stock. Bring to the boil, stirring well. Put the thinly sliced carrots, celery and apple into the crockpot. Put the chops on top and pour over the thickened stock, seasoning to taste. Cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

## LAMB & TOMATO CASSEROLE

=====

### Ingredients:

-----

2 lb            shoulder lamb  
2 oz            butter  
1 oz            plain flour  
1 tsp           marjoram  
8 oz can       tomatoes  
1               large onion  
2 tblsp        oil  
1/4 pint       beef stock  
salt and pepper

### Instructions:

-----

Cut the lamb into 1 inch cubes and chop the onions. Cook in the butter and oil until the onions are soft and golden and the lamb is lightly browned. Stir in the flour and cook for 2 minutes. Add seasoning, marjoram, stock and tomatoes with their juice. Bring to the boil, stirring well. Pour into crockpot, cover and cook on HIGH for 30 minutes, then on LOW for 6-7 hours.

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\*

From: artemis@rahul.net (Michelle Dick)

Source: McDougall Plan

## LAYERED DINNER (Vegan)

=====

(Servings: 8)

### Ingredients:

-----

6            potatoes -- sliced  
1            large onion -- sliced  
2            carrots -- sliced  
1            green pepper -- sliced  
1            zucchini -- sliced

1 cup corn, frozen or fresh  
1 cup peas, frozen or fresh

Optional Vegetables:

-----

mushrooms  
broccoli  
green beans

Sauce:

-----

2 1/2 cups tomato sauce  
1/4 cup tamari, low-sodium  
1 tsp thyme -- ground  
1 tsp dry mustard  
1 tsp basil  
2 tsp chili powder  
1/2 tsp cinnamon  
1/8 tsp sage  
2 Tbsp parsley flakes

Instructions:

-----

Layer vegetables in large casserole in order given.  
Mix together ingredients for sauce and pour over vegetables.  
Cook six hours at high or 12 at low.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

MARINATED BEEF POT ROAST

=====

Ingredients:

-----

3 lbs lean beef pot roast  
2 tblsp oil  
Flour and water paste (opt)

Marinade:

-----

1 cup tomato juice  
3 tblsp made mustard  
4 tblsp worcestershire sauce  
1 tsp basil

1 tsp oregano  
1 tsp onion powder  
1 tsp garlic salt  
1/4 tsp fresh ground black pepper

Instructions:

-----

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels.

Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8-10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%  
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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

MARINATED CHICKEN AND PORK

=====

Ingredients:

-----

3 lb chicken pieces  
1 lb lean boneless pork cubed  
1 cup dry red wine  
1/2 tsp black pepper  
3 cups beef broth, (Campbell')  
2 cloves garlic, crushed  
3 tomatoes chopped  
1/2 tsp rosemary  
1 tsp salt

Instructions:

-----

Place chicken pieces and pork cubes in a large bowl. Mix all other ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hrs. (you could leave it over night) Transfer chicken, pork and marinade to cooker.

Cover pot, turn on LOW and cook 6-8 hrs.or until chicken and pork are thoroughly cooked. Serves 6.

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\*

From: artemis@rahul.net (Michelle Dick)

Source: McDougall Cookbook - Volume 1

### MILLET STEW (Vegan)

=====

(Servings: 6)

#### Ingredients:

-----

1 cup millet  
4 cup water  
2 onions - cut in wedges  
2 potatoes - cut in large chunks  
2 carrots - cut in large slices  
1 cup celery - cut in large slices  
1/2 lb mushrooms - chopped  
2 bay leaves  
1/2 tsp basil  
1/2 tsp thyme

#### Instructions:

-----

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning.

Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockery Cooking Soups and Stews, p43

### ORANGE CINNAMON CHICKEN

=====

#### Ingredients:

-----

3-4 lb chicken cut into serving pieces  
1 cup chicken broth, homemade or canned  
1/4 lb butter  
2 cups orange juice  
1 cup raisins (I used sultanas)

salt and fresh black pepper to taste  
1/4 tsp cinnamon  
2 Tbs flour

Instructions:

-----  
Heat butter in large skillet, and brown chicken. Remove chicken pieces to slow cooker as they brown. Combine all other ingredients, except flour, mix well and pour over chicken. Cover pot, turn on LOW and cook 4-6 hours, or until chicken is tender. Remove 1 cup of sauce from the pot and combine with flour, mixing well. Return sauce - flour mixture to pot. Turn pot on HIGH, and cook additional half hour.

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From: taylor@kenyon.edu

PAPRIKOSH  
=====

Ingredients:

-----  
2 lb beef cubes  
5 large carrots (cubed)  
8 large potatoes (cubed)  
2 large onions (sliced thin)  
3 tblsp paprika\*  
salt & pepper to taste

Instructions:

-----  
Throw all ingredients into the crockpot, add water to top veggies (it makes a sort of "gravy") and cook on high for 4 hours.

Note: \*I use quite a bit more paprika than this, but you know your own taste.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%  
\*

>From karpen@nrlfs1.nrl.navy.mil

Source: The Pritikin Program

POTATO STUFFED CABBAGE (Vegan)  
=====

(Servings: 8)



## Ingredients:

-----

1 head     cabbage  
5 lb       potatoes -- peeled  
2           onions  
1/2 cup    rice, raw  
1 tsp      dill, dried  
1/4 tsp    black pepper -- ground  
2           egg whites  
1 can      tomatoes (28 oz)  
1           apple -- peeled and sliced  
1/4 tsp    ginger, dried -- ground

## Instructions:

-----

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf).

Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture.

Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 Tbsp of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary.

Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot.

Cook at low heat for 4 to 5 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

## POT-ROAST =====

## Ingredients:

-----

1.5 kg     topside  
salt and pepper

25 g lard  
1 large onion  
1 large carrot  
500 ml beef stock  
1 bay leaf

Instructions:

Season the beef with salt and pepper and brown on all sides in lard. Remove the beef and add the chopped onion and carrot to the fat. Cook until the onion is soft and golden. Put the vegetables into the crockpot and put the beef on top. Bring the stock with the bay leaf to the boil and pour over the meat. Cover and cook on HIGH 30 mins., then on LOW 8-9 hrs. If liked a little flour may be mixed with cold water and stirred into the crockpot an hour before serving to make a thick gravy.

\*\*\*\*\*  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

QUICK ONION POT ROAST  
=====

Ingredients:

1 pkt onion soup mix.  
3 lb lean beef pot roast trim off any fat  
3 tblsp flour in 3 tblsp water, mixed to a paste.

Instructions:

This roast needs no prior browning. Meat brown in the slow cooker and forms a brown gravy. Prepare vegetables separately.

Sprinkle onion soup over the bottom of the crock pot. Add pot roast. Cover and cook on LOW about 10 hrs. or 5 hrs. on HIGH. Pour accumulated juices into a saucepan; skim off fat. Add flour-water paste and bring to the boil, stirring constantly until thickened. Serve over sliced meat.

\*\*\*\*\*  
\*

From: bjornson-robert@cs.yale.edu



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[illegible]

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=====

-----

<http://www.cs.cmu.edu/~mjw/recipes/crockpot/crckpot-coll-2.html> (26 of 29) [12/17/1999 10:58:27 AM]

## Instructions:

-----

Cut tofu into small cubes; set aside. Combine lemon juice, tamari, water, tomato paste, honey, ginger, and garlic; mix until well blended. Add tofu to this marinade, stir gently, and let marinate for several hours (or overnight). Stir-fry scallions, bell peppers, and mushrooms in 2 tsp. of oil. After several minutes, add tofu with all the marinade. Lower heat, continue to stir-fry until everything is hot and bubbly. Remove from heat and stir in cashews. Serve over rice.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: Better Homes and Gardens (May 1991)

## SZECHUAN-STYLE STIR FRY

=====

(made meatless by RFD)

## Ingredients:

-----

1 lb       tofu, cubed  
 1/2 lb     snow peas  
 1/3 c     teriyaki sauce  
 3 T       Szechuan spicy stir-fry sauce  
 2 tsp     cornstarch  
 1         onion, chopped  
 3 c       chopped bok choy  
 2-3 T     cooking oil  
 1 c       broccoli florets  
 1         red bell pepper  
 1         7-oz. can straw mushrooms  
 1         14-oz. can baby corn

## Instructions:

-----

Combine teriyaki, stir-fry sauce and cornstarch; set aside. Cut bell pepper in strips. Cut snow peas and baby corn in half. In wok stir-fry onion & bok choy in 1 T. oil for 2 minutes. Add broccoli & bell pepper; stir-fry 2 minutes. Remove from w Stir-fry cubed tofu in 1 T. oil for 2 minutes; add more oil if necessary. Stir sauce mixture and add to tofu; cook until bubbly. Add all vegetables; heat through. Serve over hot rice.

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From: sjbg@troi.cc.rochester.edu (Steven J Boege)

Source: Gourmet Grains, Beans, & Rice by Dotty Griffith, Page 83

# TANGY RED BULGAR

=====

## Ingredients:

-----

1 tblsp       olive or vegetable oil  
1 cup        chopped red or green bell pepper, or combination  
1 cup        chopped zucchini or yellow squash, or both  
2 1/4 cup    Bloody Mary mix or vegetable juice  
1 cup        bulgur wheat  
1 tblsp      lemon juice  
1 tsp        dried basil, crushed, or 1 tablespoon fresh, minced  
1/3 cup      chopped green onions

## Instructions:

-----

Heat oil in large saucepan over medium heat. Cook pepper(s) and squash(es) until tender-crisp, 3 to 4 minutes, stirring occasionally.

Stir in Bloody Mary mix or vegetable juice, bulgur, lemon juice, and basil. Heat to boiling. Reduce heat to low. Cover and simmer 5 to 8 minutes or until liquid is absorbed, stirring occasionally.

Garnish with green onions. May be served warm or as a salad at room temperature.

## To Microwave:

-----

In a 2-quart microwave-safe casserole dish, combine oil, red pepper and zucchini. Cover with lid; microwave on high 4 minutes or until vegetables are tender-crisp, stirring twice during cooking.

Add vegetable juice, bulgur, lemon juice, and basil. Cover and microwave 10 minutes or until liquid is absorbed, stirring twice during cooking. Let stand, covered, 5 minutes. Garnish with green onions.

## Crockpot:

-----

I have made this in a crockpot, tossing all the ingredients except the basil and green onions in and cooking on low for 8 hours, adding the basil after 7.5 hours, and garnishing with green onions just before serving. The resulting dish is indistinguishable from one made using the stove top method. I refuse to try the microwave method. I

generally use only two cups of Bloody Mary mix since the brand I buy comes in quart bottles.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

[amyl](#)

# COLLECTION: Vegetarian Crockpot Recipes

From: freeman-elisabeth@CS.YALE.EDU (Elisabeth Freeman)

Date: 29 Jul 1993 10:31:06 -0400

## Contents

- [Hearty Bean and Beef Stew](#)
- [Israeli Wheat Berry Stew](#)
- [Layered Dinner](#)
- [Millet Stew](#)
- [Potato Stuffed Cabbage](#)
- [Cauliflower and Potato Curry](#)
- [Rob's Veggie Chili](#)

```
*****
***** Hearty Bean and Vegetable Stew *****
*****
```

Categories: VEG: Vegan                      Crockpot

|             |                  |                        |
|-------------|------------------|------------------------|
| Calories    | per serving: 170 | Number of Servings: 12 |
| Fat grams   | per serving: 0.3 | Approx. Cook Time:     |
| Cholesterol | per serving: 0   | Marks: E               |

## INGREDIENTS -----

```

1      lb    beans, assorted, dry
2      cup   vegetable juice
1/2    cup   dry white wine
1/3    cup   soy sauce
1/3    cup   apple or pineapple juice
        cup   vegetable stock or water
1/2    cup   celery -- diced
1/2    cup   parsnips -- diced
1/2    cup   carrots -- diced
1/2    cup   mushrooms -- diced
1      onion -- diced
1      tsp   basil, dried
1      tsp   parsley, dried
1      bay leaf
3      clove garlic -- minced
1      tsp   black pepper -- ground
1      cup   rice or pasta -- cooked
```



## DIRECTIONS -----

Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5-6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour.

NOTES: For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

Source: Dr. Dean Ornish's Program

\*\*\* Recipe Via Compu-Chef (tm) \*\*\*

\*\*\*\*\*  
 \*\*\*\*\* Israeli Wheat Berry Stew \*\*\*\*\*  
 \*\*\*\*\*

Categories: VEG: Vegan          Crockpot

|             |              |                     |   |
|-------------|--------------|---------------------|---|
| Calories    | per serving: | Number of Servings: | 8 |
| Fat grams   | per serving: | Approx. Cook Time:  |   |
| Cholesterol | per serving: | Marks:              | E |

## INGREDIENTS -----

|       |       |                                          |
|-------|-------|------------------------------------------|
| 5     | cup   | Trader Joe's maranara and the rest water |
| 1 1/2 | cup   | Great northern beans                     |
| 1     | cup   | wheat berries                            |
| 6     | small | potatoes -- cut in half                  |
| 1     | large | onion -- sliced                          |
| 4     | clove | garlic -- minced                         |
| 5     | tsp   | cumin -- ground                          |
| 3     | tsp   | tumeric                                  |
| 1/2   | tsp   | black pepper -- ground                   |
| 2     |       | green peppers                            |

## DIRECTIONS -----

Mix together all ingredients in crockpot. Cook at high 8 to 10 hours.

Source: McDougall Cookbook - Volume 2

\*\*\* Recipe Via Compu-Chef (tm) \*\*\*

\*\*\*\*\*

\*\*\*\*\* Layered Dinner \*\*\*\*\*

\*\*\*\*\*

Categories: VEG: Vegan                      Crockpot

|             |              |                     |   |
|-------------|--------------|---------------------|---|
| Calories    | per serving: | Number of Servings: | 8 |
| Fat grams   | per serving: | Approx. Cook Time:  |   |
| Cholesterol | per serving: | Marks:              | E |

## INGREDIENTS -----

|       |       |                               |
|-------|-------|-------------------------------|
| 6     |       | potatoes -- sliced            |
| 1     | large | onion -- sliced               |
| 2     |       | carrots -- sliced             |
| 1     |       | green pepper -- sliced        |
| 1     |       | zucchini -- sliced            |
| 1     | cup   | corn, frozen or fresh         |
| 1     | cup   | peas, frozen or fresh         |
|       |       | -----Optional Vegetables----- |
|       |       | mushrooms                     |
|       |       | broccoli                      |
|       |       | green beans                   |
|       |       | -----Sauce-----               |
| 2 1/2 | cups  | tomato sauce                  |
| 1/4   | cup   | tamari, low-sodium            |
| 1     | tsp   | thyme -- ground               |
| 1     | tsp   | dry mustard                   |
| 1     | tsp   | basil                         |
| 2     | tsp   | chili powder                  |
| 1/2   | tsp   | cinnamon                      |
| 1/8   | tsp   | sage                          |
| 2     | Tbsp  | parsley flakes                |

## DIRECTIONS -----

Layer vegetables in large casserole in order given.

Mix together ingredients for sauce and pour over vegetables.

Cook six hours at high or 12 at low.

Source: McDougall Plan

\*\*\* Recipe Via Compu-Chef (tm) \*\*\*

\*\*\*\*\*  
 \*\*\*\*\* Millet Stew \*\*\*\*\*  
 \*\*\*\*\*

Categories: VEG: Vegan                      Crockpot

|             |              |                     |   |
|-------------|--------------|---------------------|---|
| Calories    | per serving: | Number of Servings: | 6 |
| Fat grams   | per serving: | Approx. Cook Time:  |   |
| Cholesterol | per serving: | Marks:              | E |

# INGREDIENTS -----

|     |     |                                |
|-----|-----|--------------------------------|
| 1   | cup | millet                         |
| 4   | cup | water                          |
| 2   |     | onions - cut in wedges         |
| 2   |     | potatoes - cut in large chunks |
| 2   |     | carrots - cut in large slices  |
| 1   | cup | celery - cut in large slices   |
| 1/2 | lb  | mushrooms - chopped            |
| 2   |     | bay leaves                     |
| 1/2 | tsp | basil                          |
| 1/2 | tsp | thyme                          |

# DIRECTIONS -----

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning.

Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low.

Source: McDougall Cookbook - Volume 1

\*\*\* Recipe Via Compu-Chef (tm) \*\*\*

From karpen@nrlfs1.nrl.navy.mil Tue Jul 27 17:29:55 1993

\*\*\*\*\*  
 \*\*\*\*\* Potato Stuffed Cabbage \*\*\*\*\*  
 \*\*\*\*\*

Categories: VEG: Ovo                      Crockpot

|          |              |                     |   |
|----------|--------------|---------------------|---|
| Calories | per serving: | Number of Servings: | 8 |
|----------|--------------|---------------------|---|

Fat grams per serving:  
 Cholesterol per serving:

Approx. Cook Time:  
 Marks: E

## INGREDIENTS -----

1 head cabbage  
 5 lb potatoes -- peeled  
 2 onions  
 1/2 cup rice, raw  
 1 tsp dill, dried  
 1/4 tsp black pepper -- ground  
 2 egg whites  
 1 can tomatoes (28 oz)  
 1 apple -- peeled and sliced  
 1/4 tsp ginger, dried -- ground

## DIRECTIONS -----

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf).

Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture.

Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 Tbsp of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary.

Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot.

Cook at low heat for 4 to 5 hours.

Source: The Pritikin Program

\*\*\* Recipe Via Compu-Chef (tm) \*\*\*

From: Lisa Corsetti lisa@zeppelin.llnl.gov

## Cauliflower and Potato Curry -----

4 Cups potatoes, peeled and quartered  
 1 small cauliflower, cut into florets

a pinch of asafetida  
3/4 tsp ground turmeric  
1/2 tsp chilli powder  
1 1/2 tsp ground cumin  
3/4 tsp salt  
big pinch of sugar  
2 tomatoes, chopped  
1 1/4 cups water  
1/2 tsp garam masala  
1/2 cup wheat berries (optional)

Method:

Add all ingredients to a crockpot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for an hour, then add remaining ingredients and cook on low.

With the wheat berries, if things start drying out, add more water.

From: bjornson-robert@cs.yale.edu

Rob's Veggie Chili

=====

olive oil  
1-2 large yellow onions, diced  
2 cloves garlic, minced  
1 red pepper, diced fairly large  
1 green pepper, diced fairly large  
2 28-oz. cans crushed tomatoes  
1 T. cumin  
1 tsp. cayenne (or to your taste)  
1 package frozen corn  
2 cans black beans (or any other kind of beans  
you like - chickpeas work well too)  
1-1.5 C. picante sauce (Shotgun Willie's green  
sauce -- very hot -- works well)  
salt to taste  
grated cheddar, if desired  
cashew nuts, if desired

Saute onions in the olive oil. (\*\*I used cooking wine instead to cut out the fat). Add garlic a bit later.  
After onion and garlic are have turned golden brown, add cumin, cayenne, and whatever other spices you might like. Fry for a couple of minutes.

Next, add the peppers, saute them for a few minutes. Put the crushed tomatoes, corn, beans and picante sauce into the crock pot, and add the onion mixture. Cook on low about 10 hours.

Serve with grated cheddar and cashew nuts, if desired.

NOTE: I didn't have room in my crockpot for 2 cans of crushed tomatoes, and I had to cut back a little on the corn too, so you will have to vary the sizes above depending on the size of your crockpot.

[mara](#)